

silence is not the solution

most rapists are people you know

see inside for:

- a survivor's story ■ how men can help prevent sexual violence against women
- what one rape crisis center is doing to address violence prevention

Speak Out!

www.rapenomore.com

1-800-656-HOPE (4673)

24-hr. rape crisis hotline



Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
John M. Colmers, Secretary

A Maryland statewide campaign for the general public and survivors of rape and sexual assault.
Sponsored by the Maryland Department of Health and Mental Hygiene, Family Health Administration.

survive and thrive:

Raegen Lawrence Speaks Out for Victims of Sexual Assault

by Tara Snyder

“I am a survivor,” 28-year-old Raegen Lawrence says. She goes on to explain how the word means something different to her now, seven years after she was drugged and raped by a classmate at the Florida university she attended — a man she thought was her friend.

The friend invited Raegen to his apartment one October afternoon, to a casual get-together that included his roommate and another young woman, a neighbor from across the street. The group relaxed and settled into lively chit-chat. Her friend offered her a beer. She told him she didn’t really like beer, but accepted the drink and took a few polite sips anyway.

The next thing she remembers is the horror of waking up as she was being raped, first by her friend’s roommate, and then by her friend.

“I tried to scream, but I couldn’t open my mouth. I wanted to move, to struggle, to get away — but my arms and legs wouldn’t move,” Raegen recalls. The two men took turns raping her, stopping their assault only when they realized she was regaining consciousness. They left Raegen alone while the feeling slowly returned to her limbs, and she was finally able to move. The two men made no move to stop her or even speak to her as she left their apartment that morning in a confused haze, still trying to understand what had happened to her.

“I didn’t know what happened or how it happened,” Raegen said. “I knew I hadn’t had too much to drink, and I knew I would never consent to have sex with either of them.”

In the following weeks, Raegen bore her pain silently. “I didn’t tell anyone about what happened to me,” she remembers. “I just hid. I went to class and came right home afterward. I didn’t go out or see friends. I was afraid of the dark. I would stay up all night and go to sleep when the sun came up.”

Raegen hit rock bottom that November, when she twice tried to end her life by overdosing on pills. Both times, friends were there to save her — but



Frank J. Murphy

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something had to change. When she finally told her parents about the rape, they encouraged her to file a police report and press charges against her assailants. She agreed, and the officer who heard her story told her that her rapists had most likely

spiked her beer with a ‘date rape’ drug that made her unconscious and unable to move. These drugs are odorless, tasteless pills that easily dissolve in drinks and can induce a deep, coma-like sleep for up to 12 hours. The confused victim is often unable to recall anything that happened during that time.

The police told Raegen that without any physical evidence, there was not enough proof to charge the two men who raped her. It was unlikely that they would ever be brought to justice for their crime. This news was devastating, but by then, Raegen was determined to get past the nightmare of the assault. “I didn’t really want to die,” she said. “I just wanted the pain to go away.”

In the years that followed, Raegen found her own path to healing: reaching out to other victims of sexual assault. “It’s so important to be able to talk to someone who’s gone through the same experience,” she relates. “Your friends and family care about you, but they don’t really know what you are feeling. They don’t know how to reach out.”

Now living in Baltimore and working as a community schools coordinator, Raegen found a volunteer opportunity through the Maryland Coalition Against Sexual Assault — Women of Color Network. She talks regularly with other rape survivors, and offers encouragement, support and a listening ear. Today, Raegen feels empowered by helping others.

“Being raped changes your whole life,” Raegen said. “But you can still turn that experience into something positive. Your life can still be beautiful. It happened to me, but it made me who I am today, and I’m proud of that person. Speaking out about the assault is part of the healing. The story needs to be told.”

Tara Snyder is a health educator with the Family Health Administration at the Maryland Department of Health and Mental Hygiene.

**no matter what, without consent, it’s rape
most rapists are people you know
it’s never too late to begin to heal**

info@rapenomore.com

general information: 410-767-4090

Montgomery County Agency Offers Innovative Violence Prevention Programs for Students

The Montgomery County Victim Assistance and Sexual Assault Program (VASAP) offers two innovative opportunities for the county’s middle school and high school students to learn about violence prevention.

For the past 11 years, Margaret Parsons, a therapist with VASAP, has conducted group presentations on sexual assault for female students. In addition, she offers a more intensive group session for female students who have experienced a sexual violation.

The positive response from participating students resulted in the creation of an additional educational group called “Violence Prevention.” Many male students take part in this workshop, which tackles topics like sexual assault, bullying, domestic violence, and drug and alcohol abuse. The group is lead by Parsons and a school counselor. Participation in the group is voluntary, and for the past three years, student interest has warranted having two Violence Prevention groups.

“By the time some students reach high school, they have already been victimized. Most comment that they wish they’d known how to take better care of themselves.”

“Despite the positive response from students, more educational outreach needs to occur at the middle school level in an effort to prevent sexual assault,” said Parsons. “By the time some students reach high school, they have already been victimized. Most comment that they wish they’d known how to take better care of themselves.”

Two years ago, VASAP expanded on its outreach to high-schoolers by adding an educational program at North Bethesda Middle School. This program for 7th and 8th grade students focuses on healthy sexuality and issues such as sexual violation. Students need parental permission to participate.



10 Things Men Can Do to End Men’s Violence Against Women

Adapted by permission from Tony Porter and Ted Bunch, co-founders of A Call to Men, Inc.

1. Realize that sexism, male dominance and male privilege are the basis for all forms of violence against women.
2. Think about and challenge the ways we personally support men who are abusive.
3. Recognize and stop enabling other men by getting out of our socially defined roles.
4. Don’t keep quiet about violence. When we choose not to speak out against men’s violence, we are supporting it.
5. Be a role model for our sons and other young men about our responsibility in ending men’s violence against women.
6. Break out of the “man box.” Challenge traditional images of manhood that stop us from actively taking a stand to end violence against women.
7. Accept and own our responsibility to be part of the solution to end violence against women. We must create cultural and social shift that no longer tolerates this violence.
8. Stop blaming men’s violence on mental illness, lack of anger management skills, chemical dependency or stress. This only excuses men’s violence. Violence against women is rooted in the historic oppression of women – sexism.
9. Stop supporting the notion that treatment for individual men is the solution. Men’s violence against women is the outgrowth of men’s socialization.
10. Accept leadership from women. Violence against women will end only when we take direction from those who understand it most—women.

how to get help: maryland rape recovery centers

ALLEGANY

Family Crisis Resource Center
146 Bedford Street
Cumberland, MD 21502
Tel: (301) 759-9246 V/TTY
Hotline: (301) 759-9244
www.fcrcinc.org

ANNE ARUNDEL

Sexual Assault Crisis Center
1517 Ritchie Highway, Suite 101
Arnold, MD 21012
Tel: (410) 626-7800 x 202
Hotline: (410) 222-7273
www.ywcaaac.org

BALTIMORE CITY

TurnAround, Inc.
2300 North Charles Street
Baltimore, MD 21218
Tel: (410) 377-8111
Hotline: (410) 828-6390
www.turnaroundinc.org

BALTIMORE COUNTY

TurnAround, Inc.
401 Washington Ave., Suite 300
Towson, MD 21204
Tel: (410) 377-8111 V/TTY
Hotline: (410) 828-6390
www.turnaroundinc.org

CALVERT

Crisis Intervention Center
Calvert County Health Department
P.O. Box 980
Prince Frederick, MD 20678
Tel: (410) 535-5400 V/TTY
Hotline: (410) 535-1121 or (301) 855-1075
www.calverthealth.org/crisis_intervention/crisisintervention.htm

CAROLINE, DORCHESTER, KENT, QUEEN ANNE'S, TALBOT

For All Seasons, Inc.
300 Talbot Street
Easton, MD 21601
Tel: (410) 822-1018
Hotline: 1-800-310-7273 or (410) 820-5600
<http://forallseasonsinc.org/>

CARROLL

Rape Crisis Intervention Service
P.O. Box 1563
Westminster, MD 21158
Tel: (410) 857-0900 V/TTY
Hotline: (410) 857-7322
www.rapecrisiscc.org

CECIL

Rape Crisis Program-Cecil County DDS
P.O. Box 2137
Elkton, MD 21922
Tel: (410) 996-0333 V/TTY
Hotline: (410) 996-0333
www.dhr.state.md.us/cecil.htm

CHARLES

Center for Abused Persons
2670 Crain Highway, Suite 303
Waldorf, MD 20601
Tel: (301) 645-8994 V/TTY
Hotline: (301) 645-3336

FREDERICK

Heartly House, Inc.
P.O. Box 857
Frederick, MD 21705
Tel: (301) 662-8800
TTY: 301-662-1565
Hotline: (301) 662-8800
www.heartlyhouse.org

GARRETT

Domestic Violence/Sexual Assault Resource Center
12978 Garrett Hwy., Suite 201
Oakland, MD 21550
Tel: (301) 334-9053 V/TTY
Hotline: (301) 334-9000
www.garrettdovecenter.org/firstpage.htm

HARFORD

Sexual Assault/Spouse Abuse Resource Center (SARC)
18 South Main St.
Bel Air, MD 21014
Tel: (410) 836-8431 V/TTY
Hotline: (410) 836-8430
www.sarc-maryland.org

HOWARD

Sexual Trauma Treatment, Advocacy and Recovery Center, Inc. (STTAR)
9810 Patuxent Woods Dr. Suite C
Columbia, MD 21046
Tel: (410) 290-6432
TTY: 410-381-2255
Hotline: (410) 997-3292
www.sttarcenter.org

MONTGOMERY

Victim Assistance & Sexual Assault Program
1301 Piccard Drive, Fourth Floor
Rockville, MD 20850
Tel: (240) 777-1347 V/TTY
Hotline: (240) 777-1355
www.vasap.org

PRINCE GEORGE'S

Sexual Assault Center, PG Hosp. Ctr.
3001 Hospital Drive
Cheverly, MD 20785
Tel: (301) 618-3158
TTY: 618-3607
Hotline: (301) 618-3154
www.dimensionshealth.org/website/c/pghc/services/sexual_assault_center

ST. MARY'S

Walden-Sierra, Inc.
26845 Point Lookout Rd.
Leonardtown, MD 20650
Tel: (301) 997-1300
Hotline: (301) 863-6661 V/TTY
www.waldensierra.org

SOMERSET, WICOMICO, WORCESTER

Life Crisis Center, Inc.
P.O. Box 387
Salisbury, MD 21803
Tel: (410) 749-0771
Hotline: (410) 749-4357 V/TTY
www.lifecrisiscenter.org

WASHINGTON

CASA, Inc.
116 West Baltimore Street
Hagerstown, MD 21740
Tel: (301) 739-1012 V/TTY
Hotline: (301) 739-8975
www.casainc.org

facts about rape

- An estimated one out of every eight adult women living in Maryland has been forcibly raped one or more times during her lifetime. *(Source: Rape in Maryland: A Report to the State, 2003)*
- Rape and sexual assault are the crimes least often reported to law enforcement, so the true prevalence of these crimes in Maryland is difficult to determine. It is generally accepted that between 70–90% of all rapes are never reported to the authorities. *(Source: Maryland Coalition Against Sexual Assault Under-reporting of Sexual Assault fact sheet)*
- Nearly 90% of rapes are committed by someone known to the victim including ex-husbands, boyfriends, other relatives or acquaintances. *(Source: Tjaden and Thoennes, 2000)*
- About 1 in every 20 female college students is raped each year, and more than 72% of those women are raped while they are too intoxicated to give consent. *(Source: Journal of Studies on Alcohol, 2004)*